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Y Chetnot CardioVascular

CHAMORRO

CARDIOVASCULAR DISEASE

REACH 2010

hapa

HEALTH ACCESS FOR PACIFIC ASIAN SENIORS

ssg

Y Chetnot CardioVascular(CVD) más takkilo' para y finatai, pareho ha' lahe' yan y famalao'an gi todo y nasión yan gi råsa. Y CVD bula problemåna gi korasón, yán chalan håga' ni munana' oxygen y titanos yán y korasón. Este na chétnot y CVD siña inatåka todo klåsen chétnot korasón, stroke, yán heart attack. Y tres' más na bision taotao ne sumu sesedi este na chétnot: 1) y chékpa, 2) y ti umadadahi håfa ma kakanno', 3) yán y ti [redacted] umeksercise.

Siña nina'yi hão ni este na chétnot Cardiovascular (CVD) yanguin

- Tátquilo' y cholesterol yán y pressurn y haga-mu
- Dibetes-hao
- Chékpa-hao
- Sisenta años pat sino más åmko' siña más man inatåka
- Bula gi familiá-mu man nina'yi ni chétnot kurasón
- Ti ga' kumalamtin pat ti ga' u me'eksercise yan ti mauleg y kinanono'-mu
- Mampus mákat yán yommog-hao
- Mampus chat'hinassu

Siñat chétnot korasón

- Tákkilo y pressurn hagå'mu, yan tákkilo y cholesterol
- Ti parehu y pótson korasón
- Cháthinagong yán chátsaga humågong
- Yåfai yán bulåchon úlu
- Ti otdinário na klåsen putin ha'of yán y sanhilo' y tatåotão
- Man bula y satnot yán y ad'ding
- Chátguiya pát masaháhalom

Siñat Inatakan Korasón ni siña ma susedi

- Máfnot ha'of yan ti pumåpåra y putin ha'of
- Mamuti y akague na apåga yán todo påpa' gi kanai
- Ma'etdot y akágue na kånai
- Chátsaga humågong
- Ti mamagong y sahjon
- Bóbongbong y korasón ya chadig na bongbong
- Chatguíya yán masahálom båba (manengheng)
- Puti ysantatin y agåga'

Strók

- Yangen tåya' håga' humåhånao para y titannos, (mama' troso y haga' gui y titannos) strók ma padedesi
- Estagui' siha señas strok ni sina man atåka gotpi
  - maet'dot yan ñaba' y fásu, y kånnai pat sino y ád'ding, kololo'ña un bånda gi tátåotåo
  - problema kumuentos, ti mán kompreprende, yán gådon y hinassu
  - chátsaga man li'i gi un måta pat sino todo y dos måta
  - chátsaga mamokat, bulåchun ulu, yan malingnu y balansa pat sino tai balansa.
  - átdet na malinik ulu sin rasón

Put Tákkilo' Håga'

- Tákkilo' y hagå'-mu yanguin mánpos y fuetsaña contra y ligan y chalan håga'.
- y regulat na fuetsan håga' debe di ciento benti di ochenta (120/ 80) (debe di un ali'e' yan y medico yanggen más tákkilo pat tágpapana ki y regulat na pressurn håga')
- Y tákkilo' na pressurn håga siña inatåka y korasón, nina' strok, nina' båba y riñon, yinámag y átadog, yán chetnodan y korasón

Tákkilo' Y Cholesterol Håga'

- Tákkilo' cholesterol håga' yanggen bula mantika gi gigat, (kustrafas, klasen mantika) gi gugát-mu siha
- Yanggen kahulu' y cholesterol level gi dos cientos (200 mg/dL) pát más, siña nina'yi hao chétnot korasón
- Dos na klåsen cholesterol guåha. Dimenos chansa-mu para un nina'yi chétnot korasón yanguin mauleg y yomu na cholesterol láo tákkilo y chanså-mu para un nina'yi ni y chétnot korasón yanguin båba y yomu na cholesterol
  (pót fabót, faisen y medico håfa siha måuleg para un cho'gue para un håtsa y måuleg na cholesterol yán håfa siña ma cho'gui para un na' tágpapa' y båba na cholesterol)

Håfa Debe Di Un Cho'gue Para Un Na' Menos y Chansan Chetnot Cardiovascular?

- Kuentusi y medico-mu pot y minalångon familiá-mu siha. Faisen y medico-mu yá un sésu ma reconósi
- Påra chumupa
- Kano' eyo y man balancia na néngkano' ya un na' saonao cinco o mas na frutås yán golai kada día
- Sesu umeksersise (famomokat masea trenti minutos, cinco dias o más cinco biáhi gi semåna)
- Munga mampos chát hinassu
- Adáhi y tákkilo' pressurn' y haga'
- Éga'ga' ya in adáhi y yomo cholesterol
- Atendi ya in adáhi y minakat tataotao-mu
- Faisen y mediku ni y listan néngkanu' ni y mauleg para u makånu' ni para u niribåha y chansan chétnot korasón

Yangin un usa i setbision publiko ya ti hun gof tungo fuminu Englis, famaisin pot intetpiti gi linguahi mu
Telefon i Guam Communications Network gi (562) 989-5690

Cardiovascular Disease (CVD) is the major cause of death for both men and women among all racial and ethnic groups. CVD includes a number of problems with heart, arteries, and veins that supply oxygen to the brain and heart. CVD may lead to many heart problems, including heart disease, stroke, and heart attack. The three most common behaviors that cause CVD are smoking, poor diet, and inactive lifestyle.

The Risk Factors of Cardiovascular Disease

- High Blood Pressure & Cholesterol
- Diabetes
- Smoking
- Age 60 and over are at a higher risk
- Family History of Heart Disease
- Physical Inactivity & Poor Diet
- Overweight/Obesity
- Too much stress

Signs of Heart Disease

- High Blood Pressure & Cholesterol
- Irregular heart beats
- Shortness of breath & difficulty breathing
- Fatigue or dizziness
- Unusual chest pains, discomfort in other areas of upper body
- Swelling in the legs and feet
- Nausea or sweating

These are Signs of Heart Attack that Can Occur

- Tightness, pressure, and pain of chest that doesn't go away
- Pain in the left shoulder that goes down to the arm
- Numbness in left arm
- Difficulty breathing
- Unresolved heartburn
- Heart pounding, beating fast
- Nausea, cold sweats
- Neck pain (pain in the back of the neck)

Stroke

- Stroke occurs when there is a break or blockage of your blood flow to the brain (or blood clot or bleeding in your brain)
- These are signs of stroke which can occur suddenly:
    - Numbness or weakness in the face, arm or leg, especially on one side of the body
    - Confusion, trouble speaking, or understanding
    - Trouble seeing in one or both eyes
    - Trouble walking, dizziness, loss of balance or coordination
    - Severe headache with unknown cause

High Blood Pressure

- High blood pressure is when the pressure of blood against the artery wall is too strong
- Normal blood pressure is 120 over 80 (You should see your Doetor if your pressure is higher or lower than normal)
- High Blood Pressure ean lead to heart attaek, stroke, kidney failure, damage to the eyes and heart disease

High Blood Cholesterol

- High Blood Cholesterol is when you have too much fat (waxy, fat-like substanee) in your veins
- A eholesterol level of 200 mg/dL or higher put you at risk of heart disease
- There are two types of eholesterol. The good eholesterol deereases your risk of heart disease and the bad eholesterol inereases your risk of heart disease (please ask your doetor about ways to inerease good and lower bad eholesterol)

What Should You Do To Decrease the Risk of Developing Cardiovascular Disease?

- Talk to your doetor or health eare provider about your family medical history.
  Ask your doetor to perform regular physieal exam
- Stop smoking
- Eat a balaneed, healthy diet to inelude five or more servings of fruits and vegetables per day
- Exereise regularly (sueh as walking at least 30 minutes on five or more days of the week)
- Reduee stress
- Control high blood pressure
- Control Cholesterol
- Weight management
- Ask a doetor or health provider for a list of reeommended food to reduee your risk of heart disease

*** If you use public health services, ask for an interpreter
if you cannot speak English well ***

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